

# FAITH



# @Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love  
in the heart of the family!



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16TH SUNDAY IN ORDINARY TIME - MONTH OF THE PRECIOUS BLOOD OF JESUS

Year B

## Sunday Mass Readings

### First Reading:

Jeremiah 23:1-6

### Responsorial Psalm:

Psalm 22 (23)

### Second Reading:

Ephesians 2:13-18

### Gospel:

Mark 6:30-34

*"You must come away to some lonely place all by yourselves and rest for a while"*



Jesus teaches people by the sea, James Tissot, Public domain, via Wikimedia Commons

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

## Pray

In today's Gospel, we hear Jesus inviting his apostles to rest after all the work they have done. Jesus knows the importance of rest and invites us to rest in Him. At times, we might be feeling tired and overwhelmed with everyday things. Even though Jesus knows what is in our hearts, prayer allows us to have an intimate connection with Him.

Make a visit to your local Church sometime this week and spend time with Jesus present in the Tabernacle. Read this week's Gospel again slowly and quietly. Rest with the Word of God for a few moments. Then ask yourself: *Is there anything in my life at this moment that needs Jesus' direction?*

Stay with Jesus for a short time to allow Him the chance to respond and speak to you. Remember that He loves you very much and delights in your existence and nothing is impossible to Him.

## Talk

This week's Gospel, Jesus teaches us the importance of taking time to rest and be with him. Discuss the following questions with your spouse, a friend or as a family:

- What does a typical day during the week look like for you? Consider writing down on paper what each day looks like and what your routine daily tasks are.
- Is there time for God in your daily routine? If not, when would be the best time for you to give 15 mins to God during your day? E.g are you a morning person or a night owl, on your commute to work or when the children are in school?
- Remind yourself of the benefits of prayer and of taking time to be with God and talk to Him

## Family Challenge!

**Keep the Sabbath day holy.** Make Sunday a proper day of rest this week. Avoid doing any unnecessary work or activity. Take a break from social media and spend time together as a family and with God.

**Mission:** There's so much fun we can have during the summer holidays, but don't forget that Jesus is looking forward to spending time with you too! Make a special effort every day to spend a few minutes talking and listening to Jesus!

Song of the Week!

BE STILL AND KNOW

Please email us at [faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie) [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)

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## RESTING WITH GOD

We live in world that is very loud and very busy. Sometimes we might not be aware just how busy we are. It can become normal and routine to rush and race through our day from the time we get up in the morning until we go to bed at night. There is always something else we need to do and not enough hours in the day to get through our to-do lists no matter how determined we are. The Gospel this week is a reminder that we can be very busy doing things that are not necessary and forget that the most important thing we can do in our day is to make time for God.

Jesus' apostles were busy wandering the countryside of Nazareth casting out devils and curing the sick with authority and power given to them by Jesus. This was pretty important work! They were so busy doing what Jesus sent them out to do they did not have time to eat. They would have been tired and very hungry. Jesus, sensing their weariness and fatigue, invites them to *come away to some lonely place and rest for a while*. Jesus knows us better than we know ourselves! He knew his disciples had reached their limit and he encouraged them to take some time to reconnect with Him so they would be able to resume their mission once again and give those they would meet the very best of themselves.

We see here that Jesus is teaching them the importance of balance in their lives. Even though they were doing the great work of God they needed to take time to rest. Jesus is not encouraging them to be lazy or selfish with their time! He urges his disciples to retire and reflect on the meaning of what they are doing. Just like the disciples we too need to take time to reflect on the meaning and purpose of our daily activities and priorities. Taking time at least once a week to rest with Jesus and replenish our sense of identity and purpose will enable us to stay focused on the things that are most important and prevent us from burning out and losing heart.

And as we read at the end of today's Gospel, interruptions happen at the worst possible times! But God's grace is sufficient and in those moments He will help us do what we have to do with joy and love.

## EVENTS

**"Eucharistic Amazement":** Zoom Series for adults who would like to deepen their understanding of the Eucharist and the Mass. Wednesdays 8 - 9.15pm from June 30 for four weeks.  
Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie)

**Campa Mhuire Mháthair:** Free Online Catholic Camp for Children aged 5 - 12, July 27 - 30th. Bible Stories, Arts & Crafts, Music & Action Songs, Drama, Games, live-streamed Daily Mass and more! For more info, [click here](#)

## Family Prayer

*Lord, life seems to get busier and busier with every passing day. Remind us to come away to a quiet place with you in our hearts every day. Amen*



Have you ever been really weary? Not just tired after a late night, or a strenuous workout or match, but really, really weary, in body and spirit? Have you ever lacked motivation or drive, knowing what it is you should do, but lacking the spark to get started?

Jesus knows the weariness of our hearts and He knows the answer too.

CS Lewis said, "It's not the load that breaks you down, it's the way that you carry it."

Maybe this week Jesus is calling us to reflect on the reality of our situations, the kinds of burdens we have to carry, the difficulties we're facing, but not just to reflect on the struggle, but the way we are carrying it, and with Whom we are carrying it. Jesus is inviting us to come away to a quiet place with Him, to rest, to renew our weary hearts, to refocus and maybe change our mindsets if we have to.

This week, carve out some time to sit and pray, and to reflect on how you are carrying the burdens in your life. Then hand them over to Him, the One who knows your heart and loves you more than you can imagine.

Rest in His love.

- What's your Burden? (Fr Mike Schmitz)
- Teach me to be still (Micah Tyler)
- Handout: What's Your Burden?

## CHECK IT OUT: THE CHOSEN

"The Chosen is the first-ever multi-season TV show about the life of Jesus. Created outside of the Hollywood system, through crowd-funding, The Chosen allows us to see Jesus through the eyes of those who knew him. No matter where you are at in your journey with Jesus Christ, this TV show is for you." If you haven't already checked it out, Season 2 has just finished so there are plenty of episodes to watch and enjoy!





Mark 6:30-34





"Come with me by yourselves to a quiet place and get some rest."  
Mark 6:31

# What's your burden?

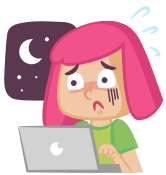


THINK ABOUT WHAT'S GOING ON IN YOUR LIFE AT THIS MOMENT:  
WHAT 5 THINGS ARE TOP OF YOUR TO-DO LIST?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



IS THERE ANYTHING IN LIFE THAT'S REALLY STRESSFUL FOR YOU RIGHT NOW? SOMETHING YOU'RE STRUGGLING WITH?



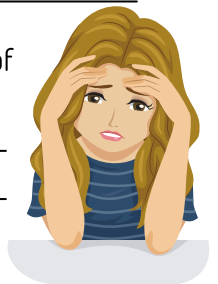
Is this something that's a reality now, or something you're worried might happen in the future?

THERE'S A LOT OF WISDOM IN NOT WORRYING ABOUT THINGS THAT HAVEN'T HAPPENED YET - BUT OFTEN WE'RE CARRYING REAL BURDENS THAT WE HAVE TO GO THROUGH TOO, WORK THAT'S DIFFICULT THAT WE HAVE TO GET DONE. WATCH FR MIKE SCHMITZ' VIDEO: "WHAT'S YOUR BURDEN?" WHICH LOOKS AT HOW WE CARRY OUR BURDENS.



Explain in your own words what CS Lewis meant by: *"It's not the load that breaks you, but the way you carry it."*

Fr Mike talks about the *"work behind the work"*, the *"burden beneath the burden"*. Why does fear of failure, or fear of what others may think about us, amplify the burden we're carrying, do you think?



Fr Mike goes on to talk about resentment as another *"burden beneath the burden"*. How does he recommend we deal with the reality of our burdens without giving in to resentment?



If we equate ourselves with our work or the tasks we do, it means that if we fail, then we are a \_\_\_\_\_, if people praise me then I see myself as \_\_\_\_\_, or if people like what I do then I think I'm \_\_\_\_\_.



**KEY POINT! OUR IDENTITY IS SO MUCH MORE THAN OUR WORK, OUR SUCCESS, OUR FAILURE: OUR IDENTITY COMES FROM BEING A BELOVED SON OR DAUGHTER OF GOD.**



# What's your burden?



Now read Mark 6:30-34

What can this Gospel passage teach us about dealing with weariness and burdens?

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James Tissot, Public domain, via Wikimedia Commons

Jesus knew His disciples better than they knew themselves. He knew the successes and failures of their mission, He knew their weariness and struggles and their hopes for the future. His response was to draw them to Himself so they could renew their hearts, their minds and their energy again.

Imagine yourself in a quiet place with Jesus, listening to His gentle voice calming your worries. Tell Him what's going on in your heart, what burdens you are carrying, the fears or the resentment that are creating a "burden beneath the burden" for you. Be honest with Him - our struggles are real, but so is Jesus.

Then listen, and allow Him to speak to your heart too. Heart speaks to heart. Rest - listen - learn.

AFTER YOUR TIME OF REFLECTION / PRAYER, CAN YOU THINK OF ANY CHANGES YOU CAN MAKE IN HOW YOU CARRY YOUR BURDENS?

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MAYBE YOU NEED TO TALK TO SOMEONE ABOUT WHAT'S GOING ON IN YOUR LIFE TOO - DON'T BE AFRAID TO REACH OUT FOR HELP.



**A Prayer for the Week Ahead:** Lord, show me what I need to focus on this week. Help me to accept the reality of the work I have to do, even if it is difficult; strengthen me to bear the tragedy and struggles in my life, even though they are painful. Help me to live in the reality of my situation, and to carry everything without resentment or fear, knowing that my worth, my identity comes from You and the love You have for me. Help me to see the blessings in each and every day too. Let all I do be for an audience of One, for my Heavenly Father.



CREATE A PLAYLIST TO LISTEN TO AS YOU REST AND WORK ON HOW YOU CARRY YOUR BURDENS



- [Teach me to be still \(Micah Tyler\)](#)
- [The More I Seek You \(Kari Jobe\)](#)
- [It is well with my soul \(A Assad\)](#)
- [God I look to you \(Francesca Battistelli\)](#)
- [Alone with God \(Instrumental Worship\)](#)
- [Carry you \(Amy Grant\)](#)
- [Be Still my Soul \(A Assad\)](#)
- [Here \(Kari Jobe\)](#)

Click the links for the YouTube videos to listen to some suggestions!

